



## Kalamata Olive Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



62 kcal

SIDE DISH

### Ingredients

- 0.5 cup olive oil extra virgin
- 2 tablespoons basil fresh chopped
- 2 garlic cloves minced
- 0.3 cup kalamata olives finely chopped
- 2 tablespoons oregano fresh chopped
- 0.3 cup red wine vinegar
- 0.5 teaspoon sugar
- 5 servings table salt and pepper black to taste

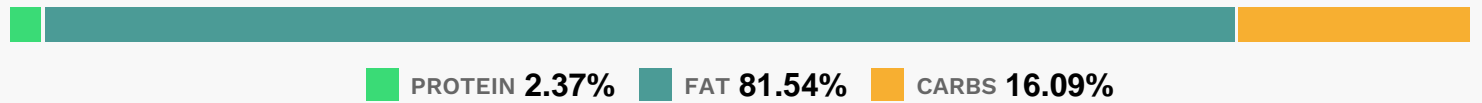
# Equipment

whisk

# Directions

- Whisk together olive oil, kalamata olives, vinegar, basil, oregano, garlic, and sugar.
- Add table salt and black pepper to taste.

# Nutrition Facts



# Properties

Glycemic Index:35.02, Glycemic Load:0.42, Inflammation Score:-9, Nutrition Score:2.7039130861345%

# Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

# Nutrients (% of daily need)

Calories: 62.32kcal (3.12%), Fat: 5.8g (8.92%), Saturated Fat: 0.81g (5.07%), Carbohydrates: 2.57g (0.86%), Net Carbohydrates: 1.39g (0.5%), Sugar: 0.54g (0.6%), Cholesterol: 0mg (0%), Sodium: 335.97mg (14.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.76%), Vitamin K: 18.5µg (17.62%), Vitamin E: 1.34mg (8.92%), Manganese: 0.14mg (6.75%), Iron: 0.91mg (5.03%), Fiber: 1.18g (4.74%), Calcium: 41.09mg (4.11%), Vitamin A: 111.7IU (2.23%), Vitamin B6: 0.04mg (1.99%), Magnesium: 7.68mg (1.92%), Copper: 0.03mg (1.58%), Folate: 5.59µg (1.4%), Potassium: 40.9mg (1.17%)